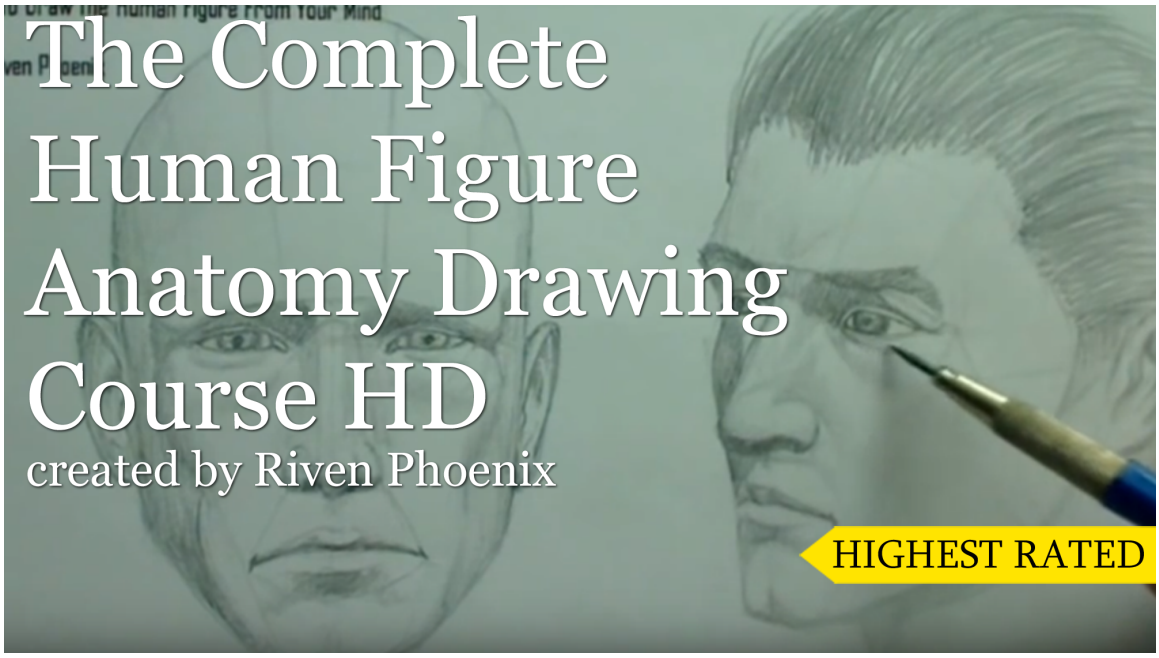


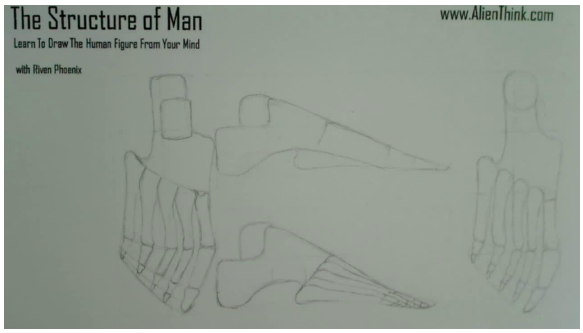
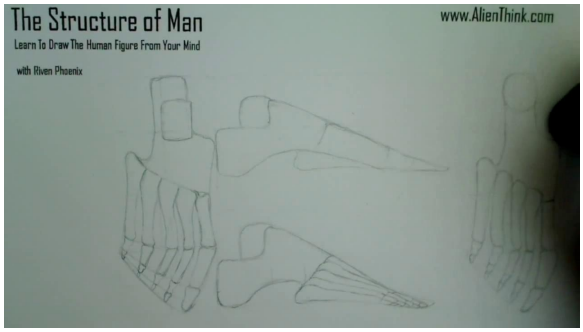
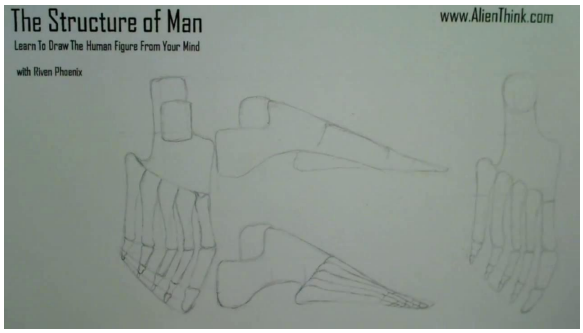
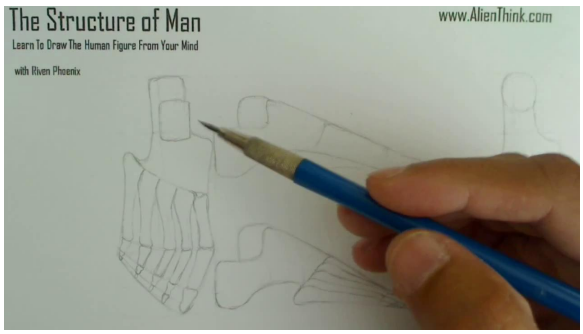
The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

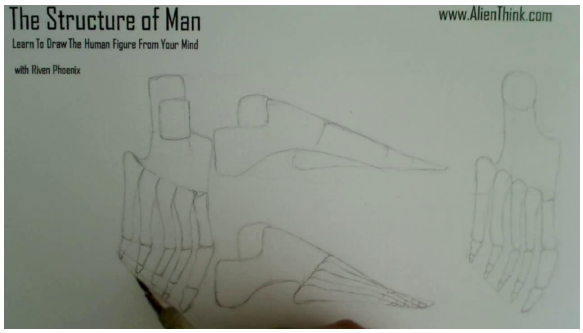
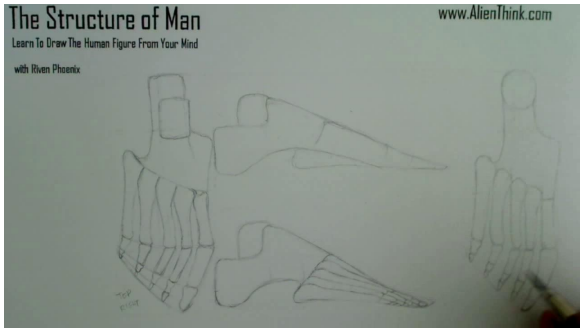
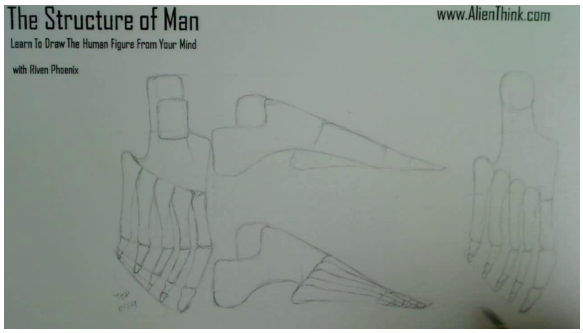
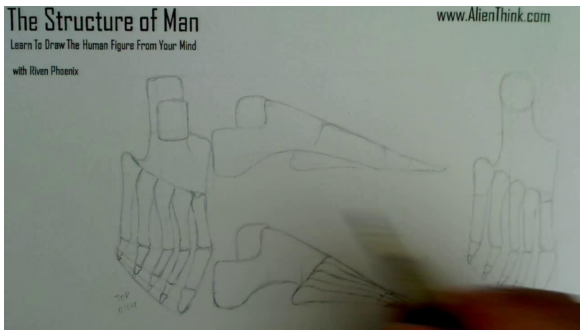
www.alienthink.com

Figure Drawing Lesson 182 - The Muscles of the Foot - Part 4

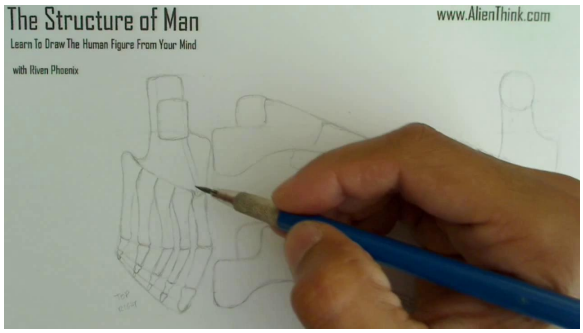
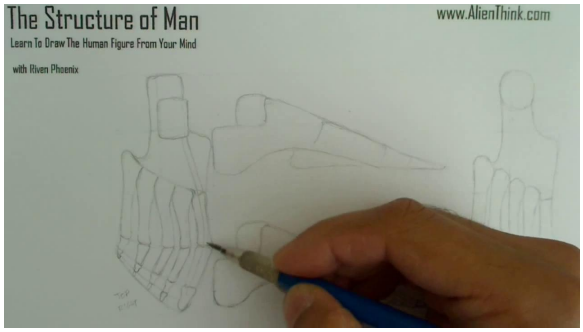
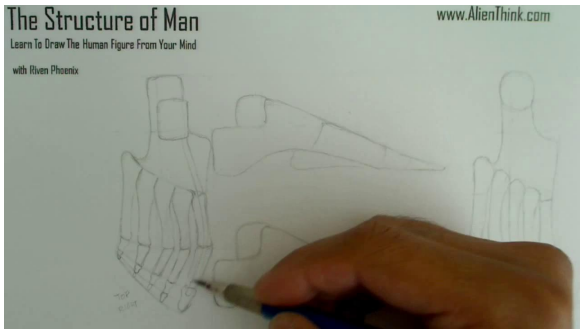
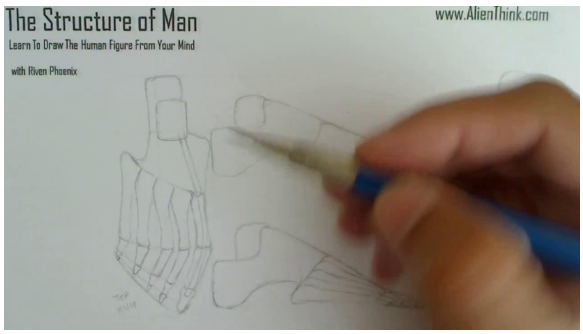
2026 Riven Phoenix and AlienThink.com

1		Hey guys, my name is Riven Phoenix and welcome to the structure of man, learn to draw the human figure from your mind training course.
2		Okay, so now we're going to start to look at the muscles of the foot.
3		And we also looked at that special muscle in the leg that's now going to link us to the rest of the understanding of what is it that we need to understand from these muscle systems.
4		So what's going to happen is that muscle 12, right? We just looked at he's going to turn into a pulley system, right? So what happens is that that guy is going to come this we're looking at the top of the foot, right?

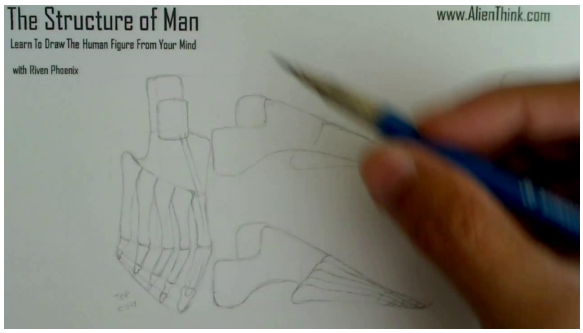
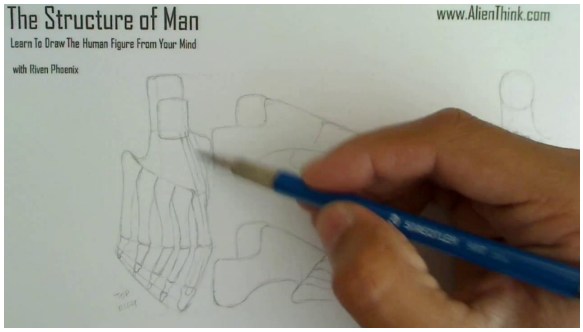
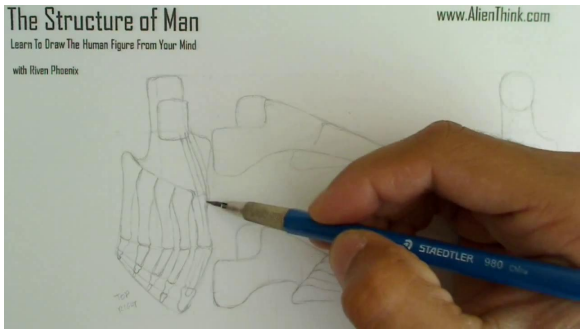
2026 Riven Phoenix and AlienThink.com

5		So this is the top right and over here.
6		We're looking at the.
7		Here's going to be the bottom left. Not to think about that for a little bit. Okay, so that's the bottom left.
8		Okay, so what's going to happen is that that muscle is just going to muscle 12. He's going to have this big, big pulley system.

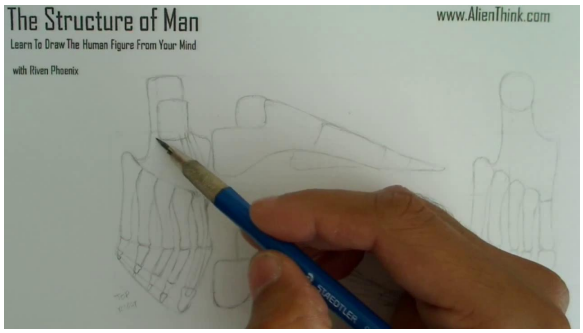
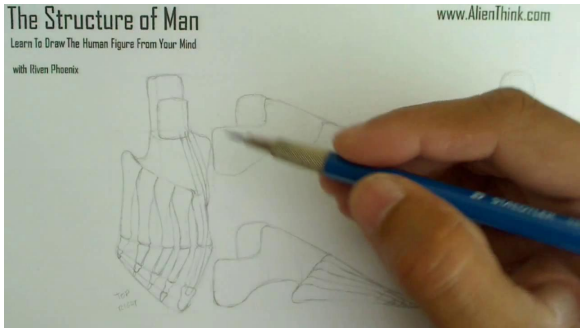
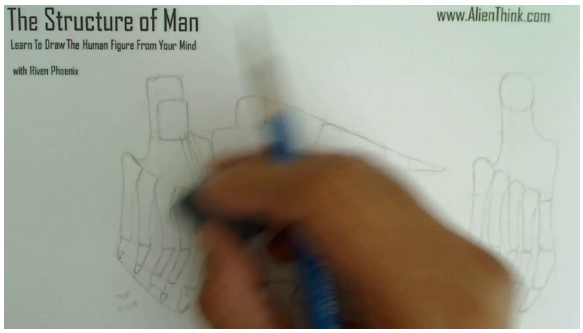
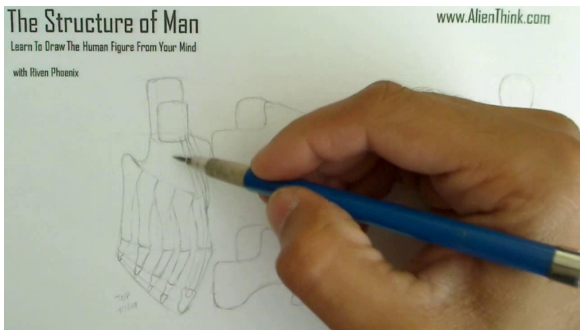
2026 Riven Phoenix and AlienThink.com

9		And he's going to come on the toe over here all the way like this.
10		And he's going to stick over here.
11		So just just just tells you how powerful your toe is because of that muscle. So here's where the the the tibia is going to be over here, right?
12		And the fibula is on the other side there. So you're going to get this one little pulley system here, right? So now we've basically here we know that okay for the toe you're going to get that muscle.

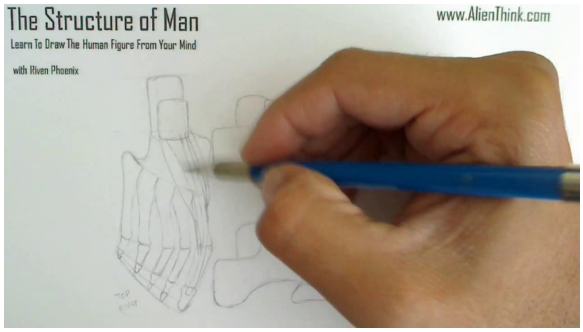
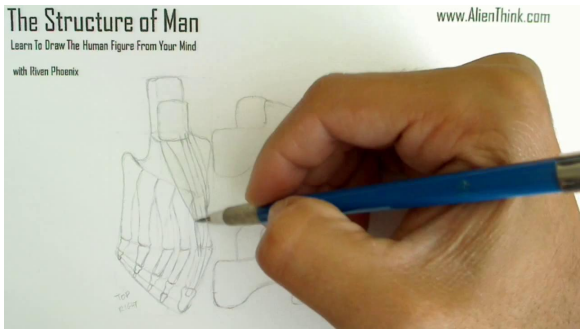
2026 Riven Phoenix and AlienThink.com

13		So what happens with muscle number four is that basically now we did you we don't have to look at this information in such detail, but here is where muscles four pipeline is going to go.
14		It's just going to go right under there. Okay, so that's what happens to these pulley systems.
15		These are just very basic understandings of of of how the pulley system is just working.
16		Okay, so now we're going to look at some muscles. So what's going to happen is that from the side over here you're going to get four muscles.

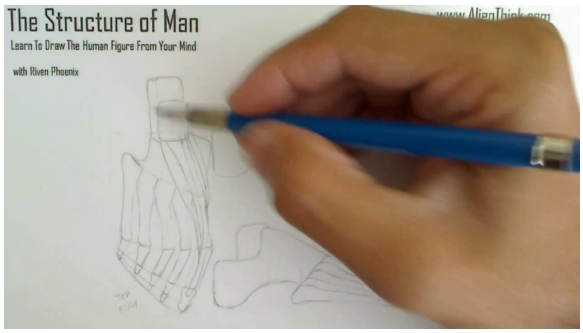
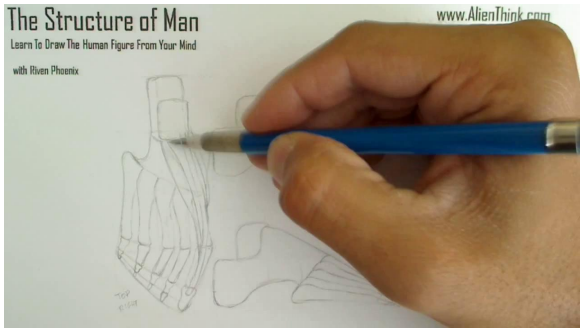
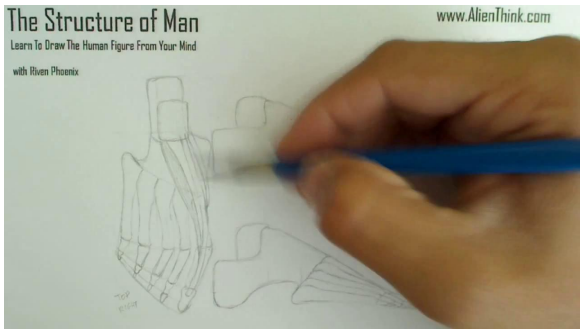
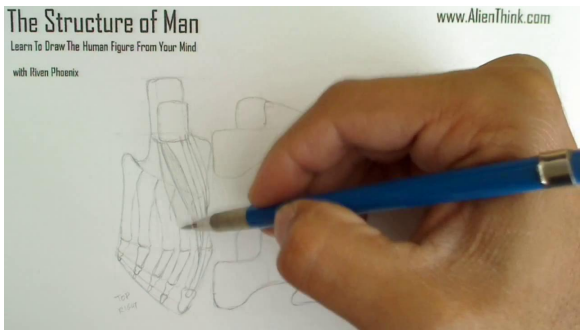
2026 Riven Phoenix and AlienThink.com

17		Okay, so these four muscles are basically going to be connecting to the toe, this one, this one, this one, and it's not going to connect to the last one.
18		And they basically just turning to like these pulley systems. I'm going to have to raise some of this stuff here.
19		It's just going to get a little messy when I put these muscles in.
20		Okay, so here we'll just say that okay, I'm going to get this muscle over here and he's just going to attach right here where this guy is. Okay, so he's going to get this.

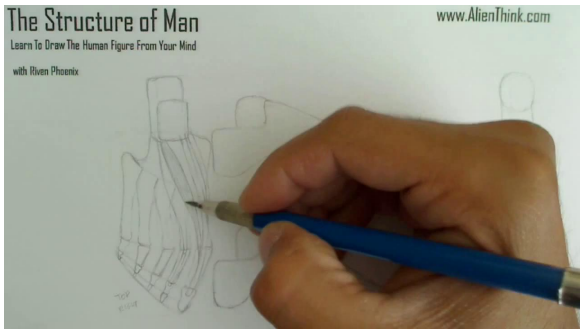
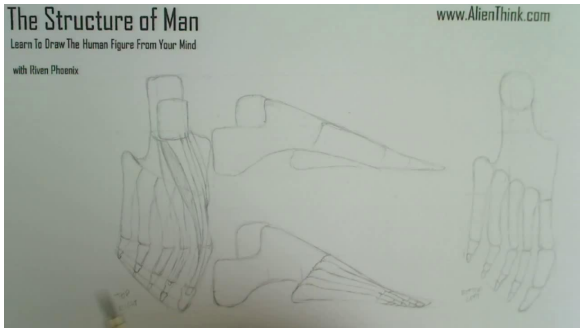
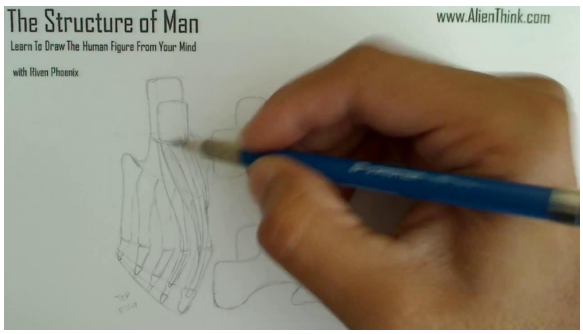
2026 Riven Phoenix and AlienThink.com

21		This is just going to become a pulley system over here and he's going to be a muscle like this.
22		Okay, so this is our first muscle and look where they're connecting to the side of the foot.
23		Okay, so that's the first thing to understand about the system. We really don't have to number any of this stuff because it's very, very simple to grasp these concepts.
24		So him just showing you what you should be aware of and how these muscles are coming in.

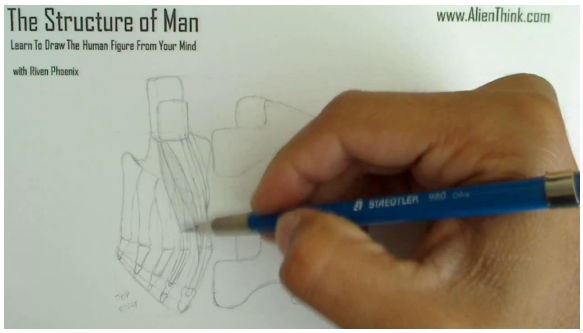
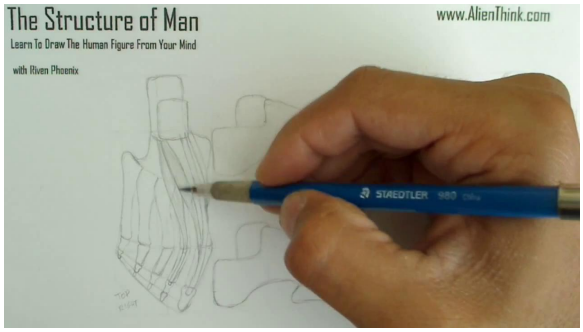
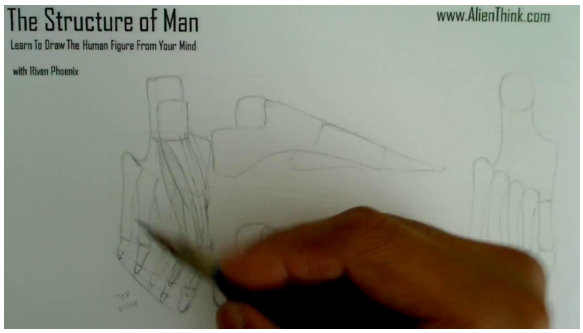
2026 Riven Phoenix and AlienThink.com

25		So we're going to get this guy over here.
26		You can number them if you want to. It's really simple to grasp, right?
27		It's easy. I just get one pulley here for the toe. This guy is going here and I'm going to get four muscles that are just connected over here to the side and he's just going to do the same thing.
28		He's going to come like this turn, turn into this pipe, but he's going to go all the way over here and he's going to attach over here.

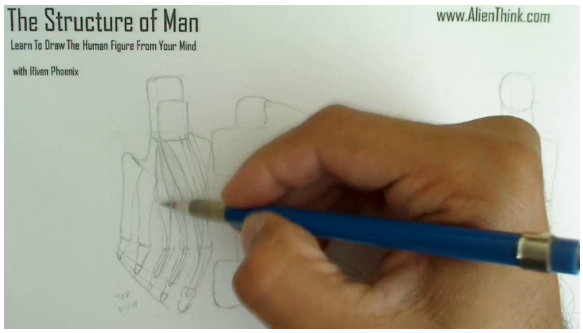
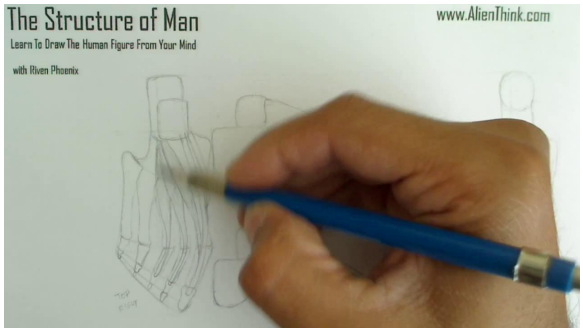
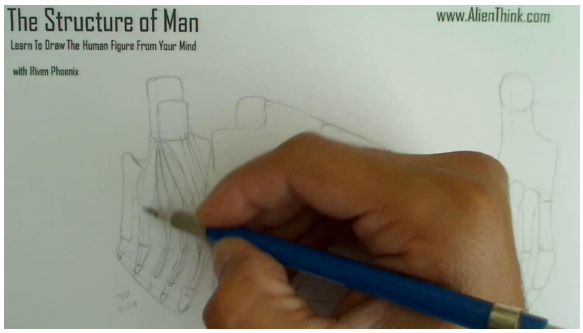
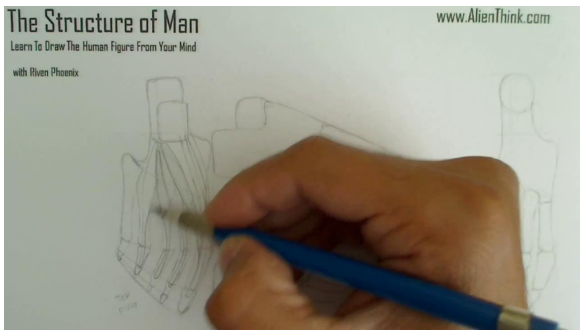
2026 Riven Phoenix and AlienThink.com

29		Just like this. Okay, so I'm trying to keep this as clean as possible.
30		Because it can get messy pretty fast at this detail work here.
31		Okay, so he's just going to attach over here.
32		Right, so these muscles are just going to sit over here.

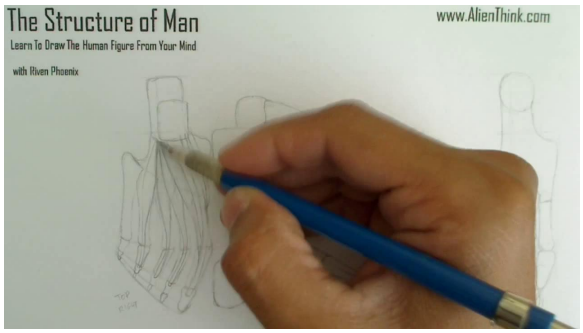
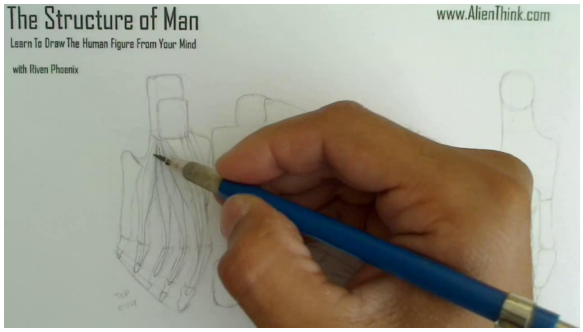
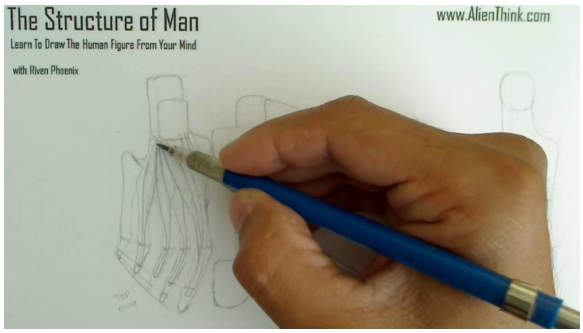
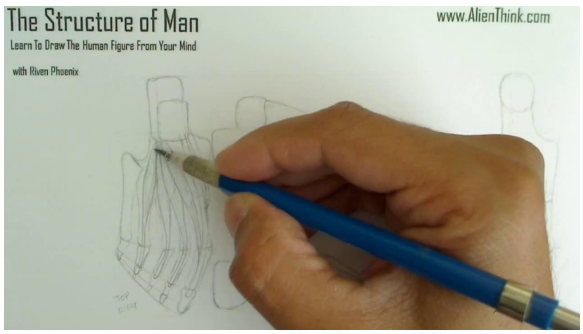
2026 Riven Phoenix and AlienThink.com

33		Right, so that means there's not really much you can do with the foot other than just wiggle your fingers on it and move it around.
34		But either the muscles just to show you how weak your these fingers are that that's what's going on with them, right?
35		Okay, so here I'm just going to make this pulley system here and he's going to come over here like this and he's going to attach like this over here.
36		So he's just going to go like this and become that system over here.

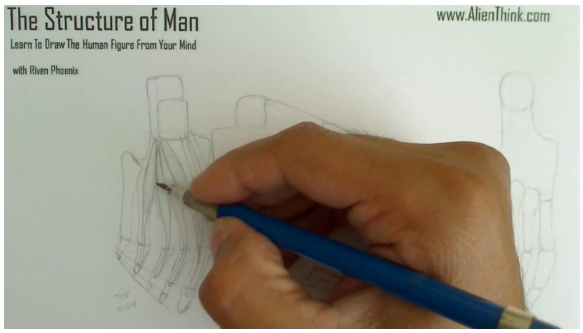
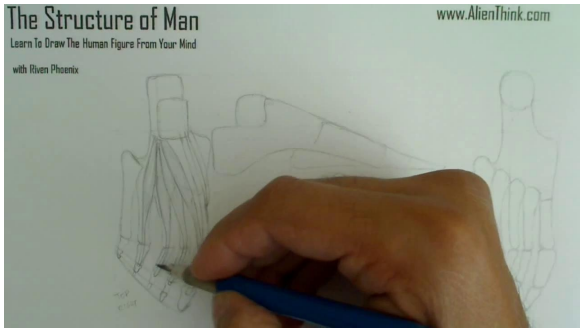
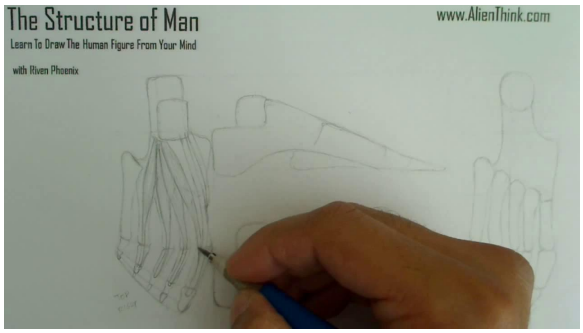
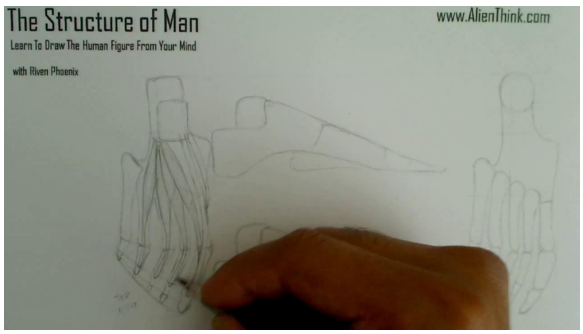
2026 Riven Phoenix and AlienThink.com

37		Okay, so we're just going to fill him in like this.
38		Right, so we got three already and the fourth one is obviously just going to be like this and he's going to do the same thing.
39		He's just going to be a pulley system over here.
40		Right, and they're just overlapping each other, right?

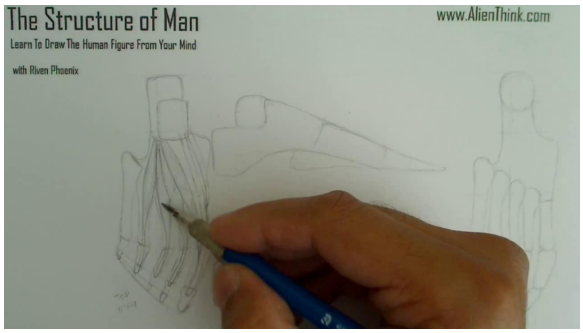
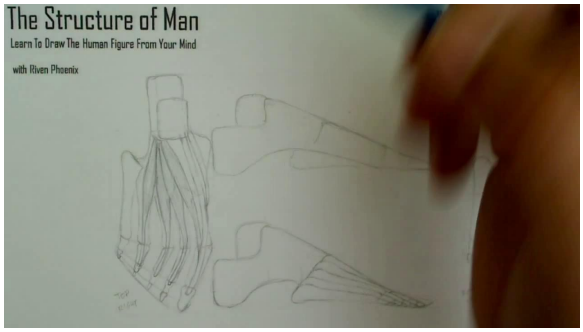
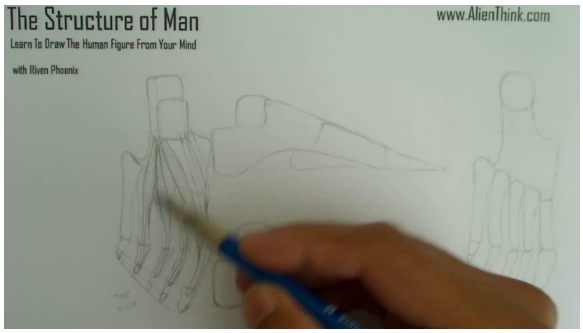
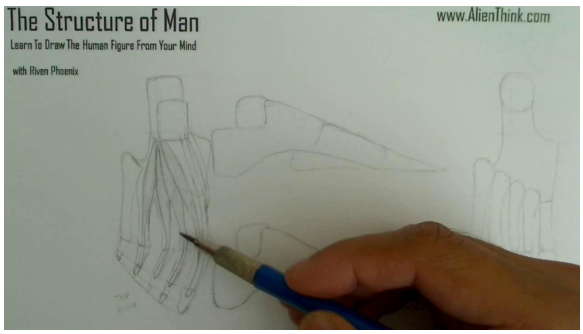
2026 Riven Phoenix and AlienThink.com

41		So this guy is obviously the last guy.
42		Right, so this guy is the first guy he's overlapping him.
43		He's overlapping him and he's the last guy in the row.
44		Right, so they just attach right over here.

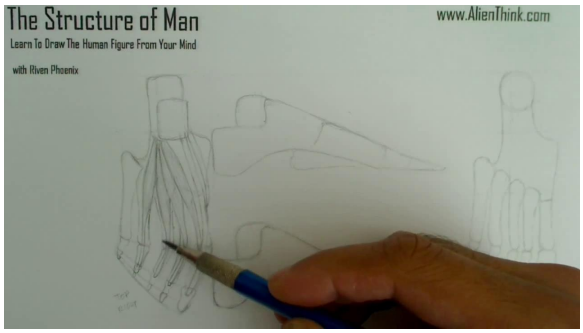
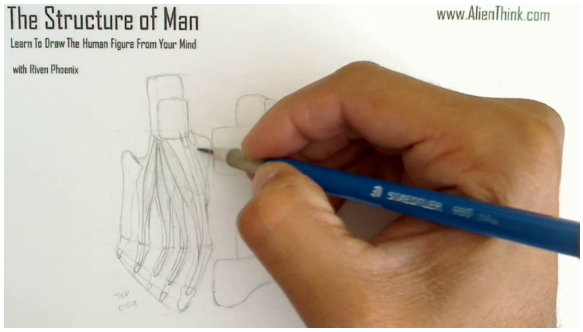
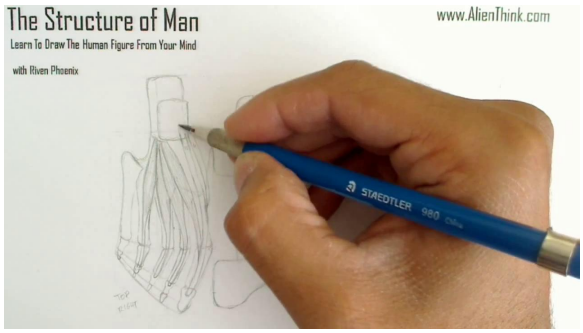
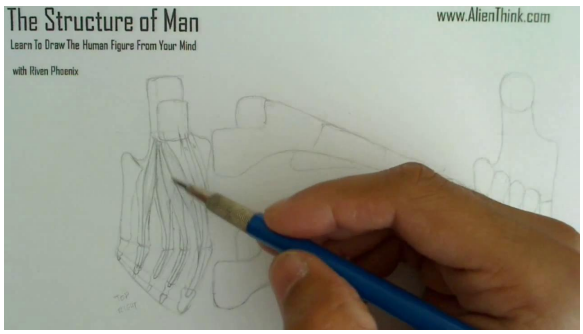
2026 Riven Phoenix and AlienThink.com

45		Okay, and then you got your bones, fractures in there.
46		Right, so these are the pulley systems in here.
47		Okay, so you got these two guys coming together.
48		Okay, so now we're going to look at the side of the foot.

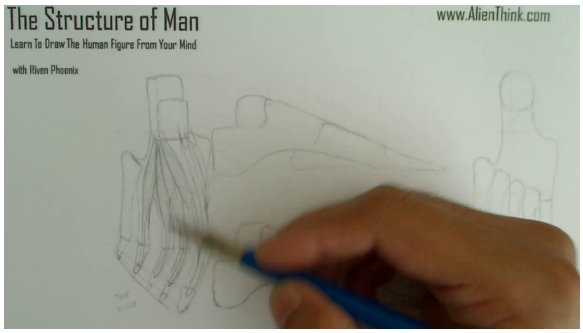
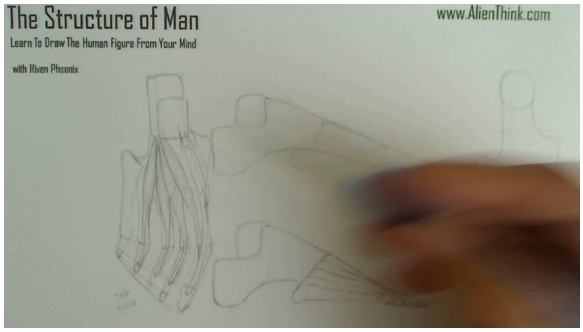
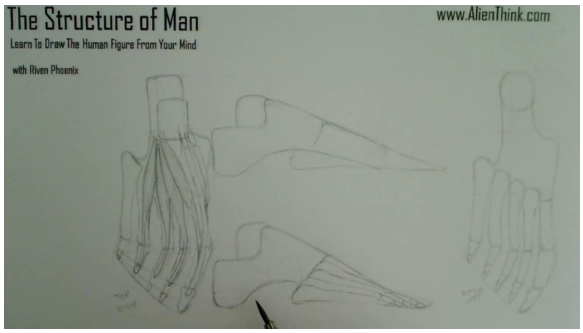
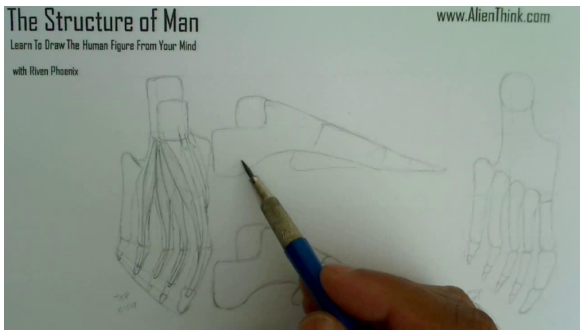
2026 Riven Phoenix and AlienThink.com

49		Right.
50		Okay, so one other thing is that we don't have to put this in.
51		Well, actually, I think it's just going to get crazy over here.
52		What's going to happen is that, you know, that muscle three, muscle three, right?

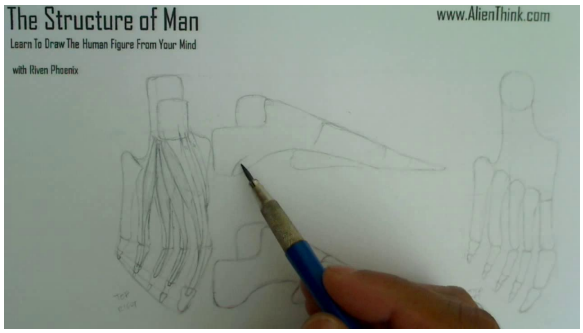
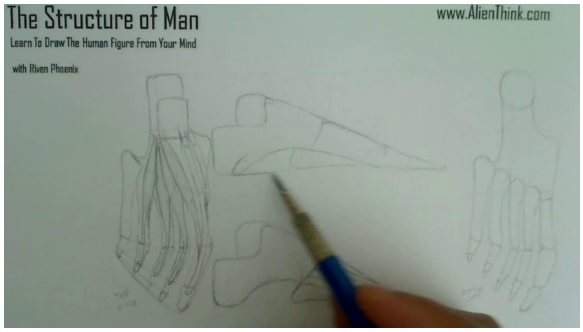
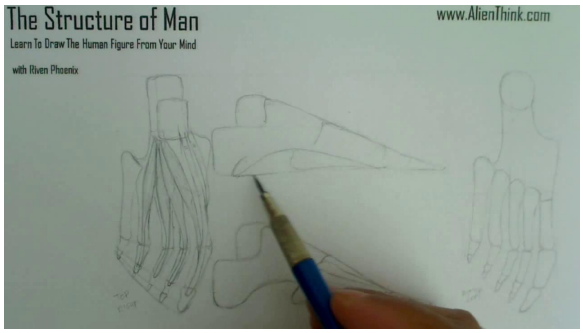
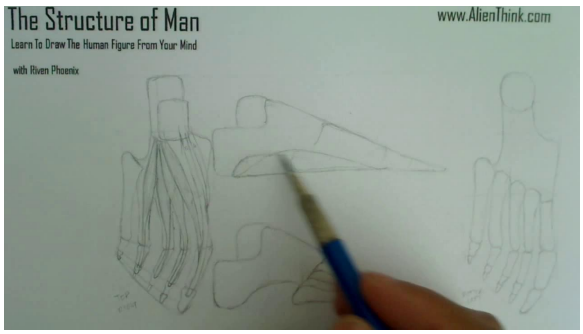
2026 Riven Phoenix and AlienThink.com

53		So this is that guy in the muscle number 12 that we talked about.
54		This is four.
55		So what's going to happen is that while muscle three comes in, he's going to turn into a complete wire system.
56		Right, and he's going to attach to the fingers.

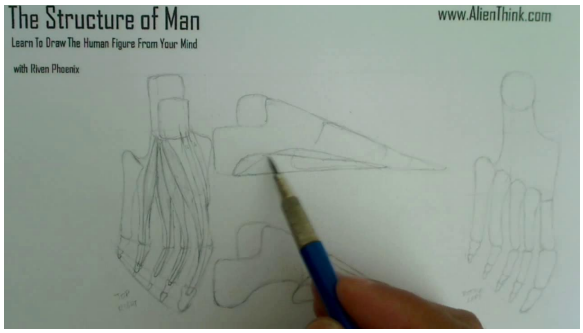
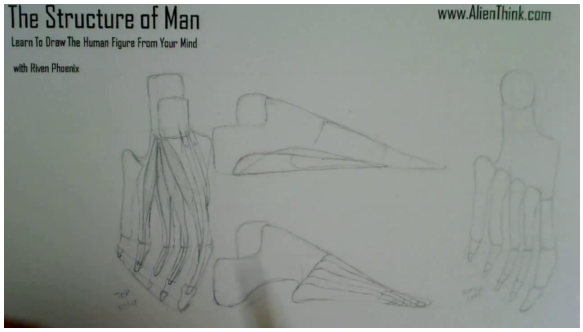
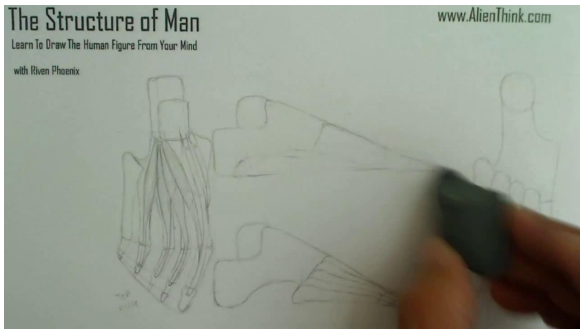
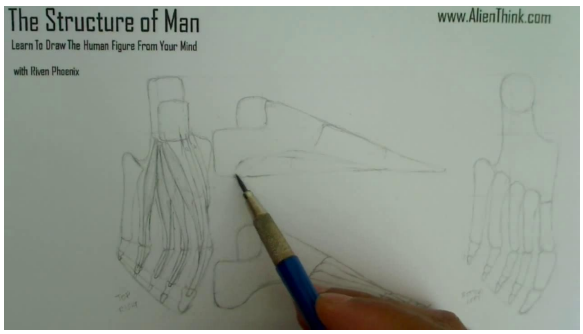
2026 Riven Phoenix and AlienThink.com

57		So we'll look at him in a little bit.
58		Let's just understand some of the muscles from the side first.
59		So what's going to happen is that let's look to the look at this guy first.
60		So we're going to get a muscle that's going to be attached to the heel.

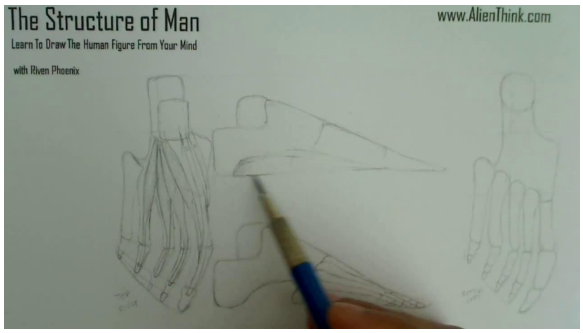
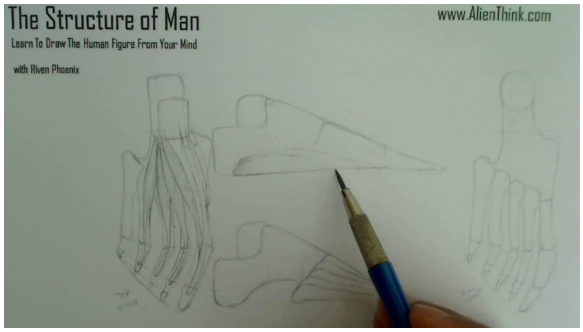
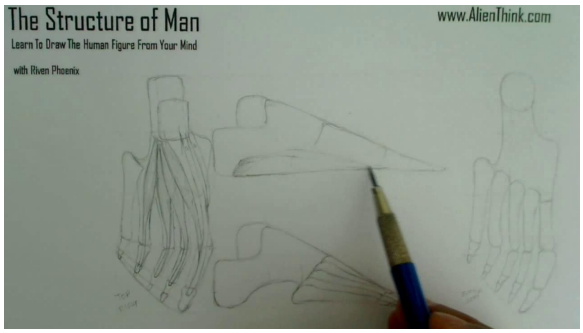
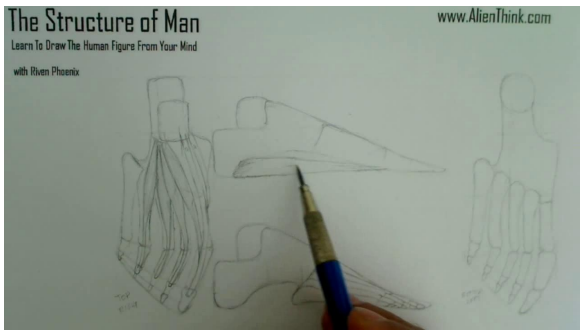
2026 Riven Phoenix and AlienThink.com

61		But this muscle understanding is kind of going inside under the foot, but he appears on the side right here.
62		And he's just going to attach right here.
63		Right, so these are like the major muscles to understand about the foot.
64		And we're actually looking at pretty much all of them, but just understand that he's going to make pretty much an impact on surface anatomy also.

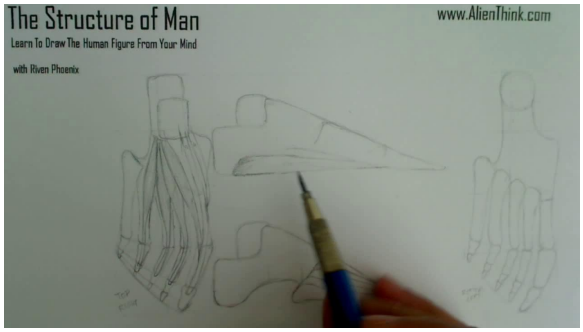
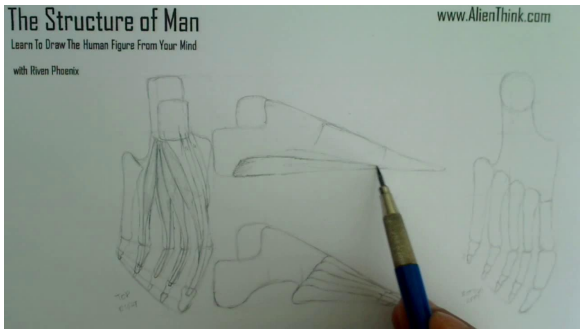
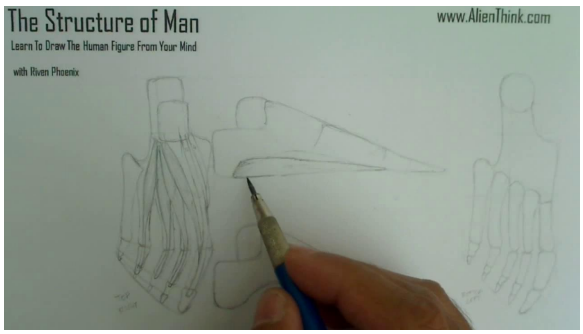
2026 Riven Phoenix and AlienThink.com

65		Right, so he's just going to be like this over here.
66		I'm just going to erase some of this stuff over here.
67		You get a little more neater.
68		And he's just going to be a muscle like this coming in.

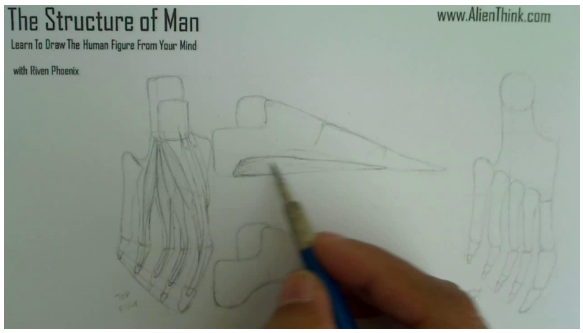
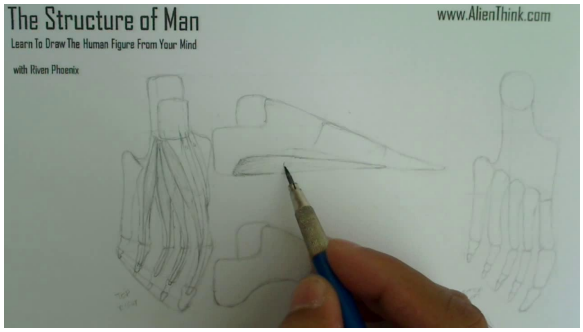
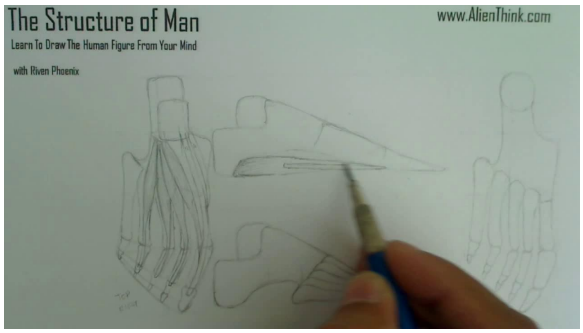
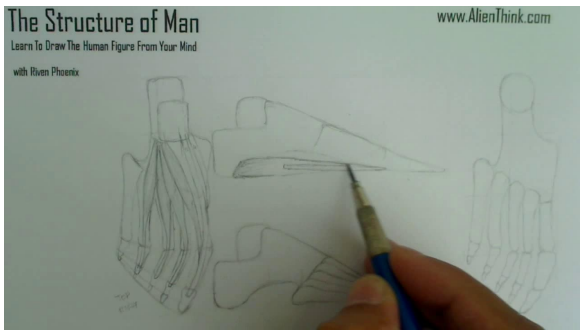
2026 Riven Phoenix and AlienThink.com

69		Right, but we need to just understand that he's just going like this.
70		Right, but he's really a pulley system.
71		So this whole muscle works like a whole pulley system, meaning that the pulley is embedded inside this guy.
72		Right, so it's going to like appear almost like this on the side like this.

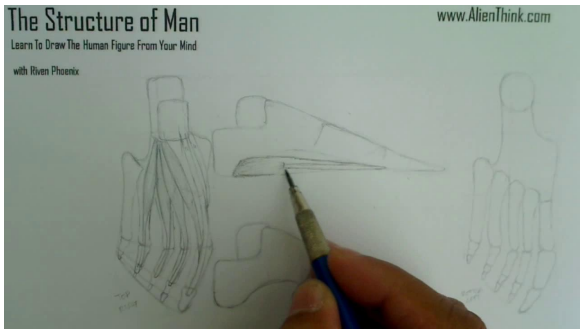
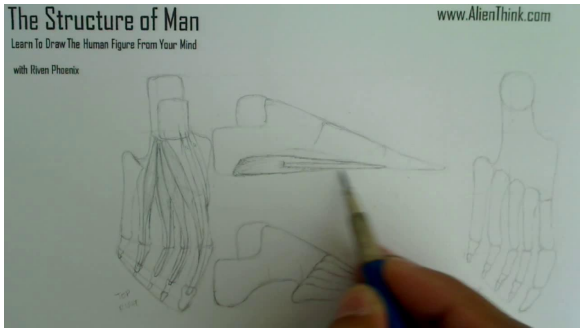
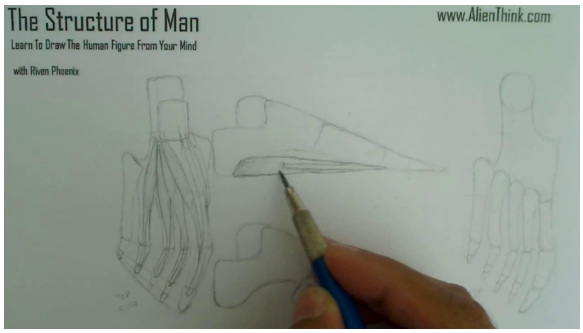
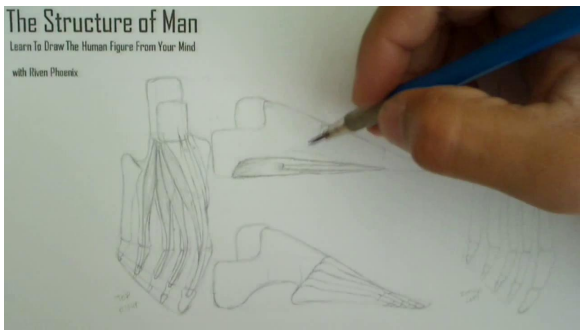
2026 Riven Phoenix and AlienThink.com

73		Okay, so once you get the idea conceptually down and start putting it in, I need to sharpen my pencil for this.
74		Okay, so he's just going to go from here like this.
75		It's going to become a pulley system.
76		Okay, and here I'm just going to make him into a muscle.

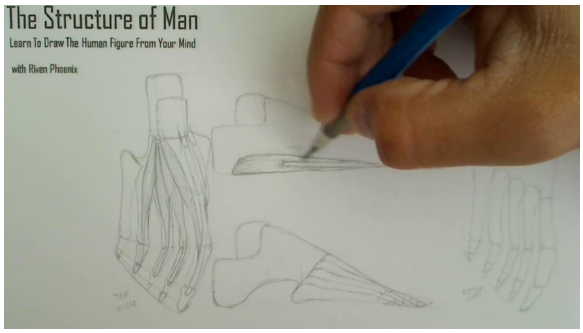
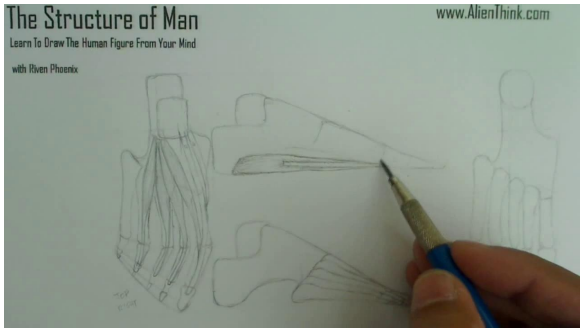
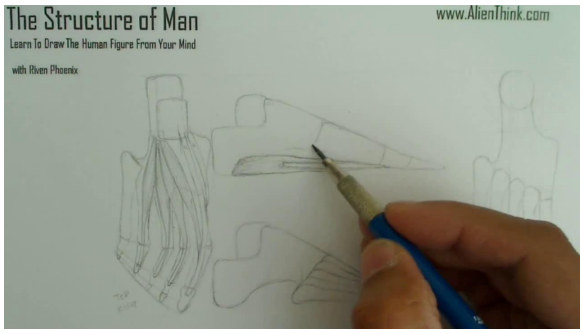
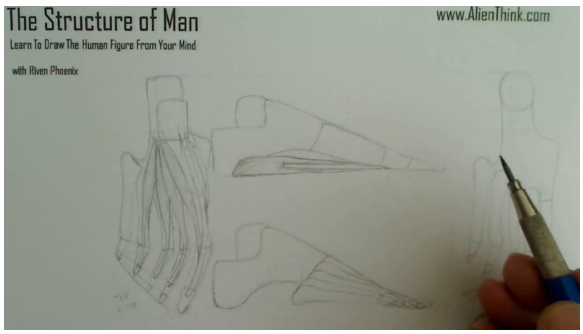
2026 Riven Phoenix and AlienThink.com

77		Okay, so his pulley system is just like this.
78		Just make like a big like a pipe going through this whole system.
79		And this is all just muscle.
80		Okay, so here you can like treat him like the tricep that he's just going like this.

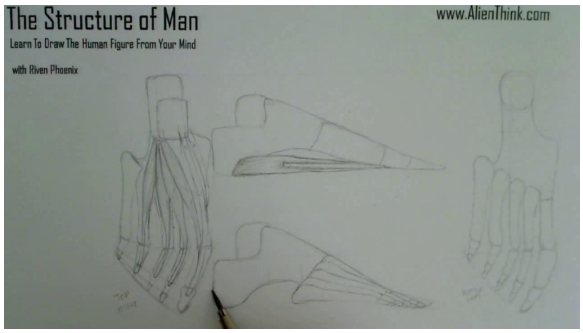
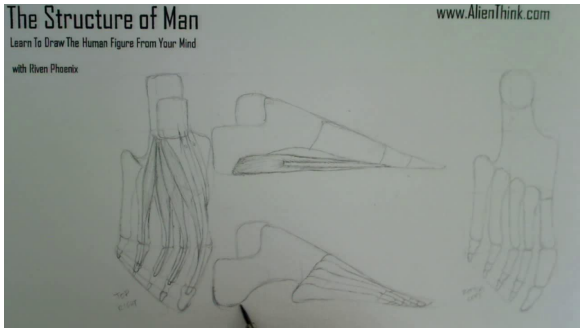
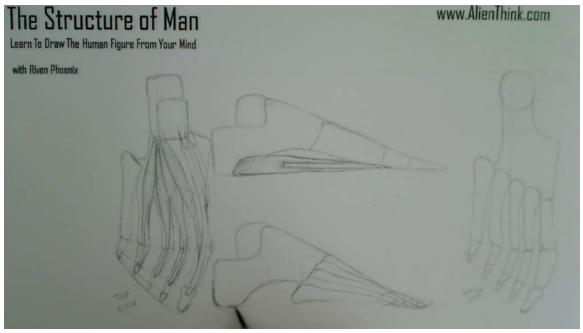
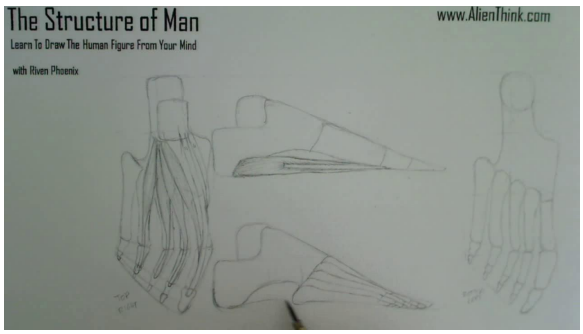
2026 Riven Phoenix and AlienThink.com

81		If you want to be as accurate as possible in this, that's what happens to him.
82		Okay, so he's just going to bulge up just like this in several places in this area.
83		Just like this.
84		Oops.

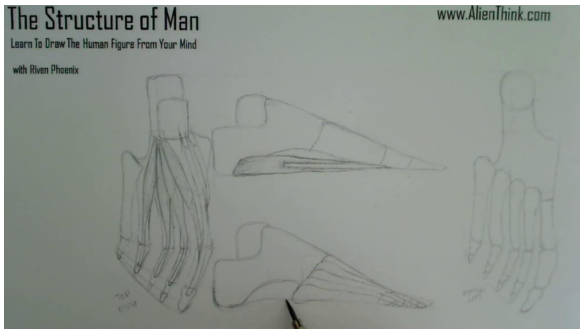
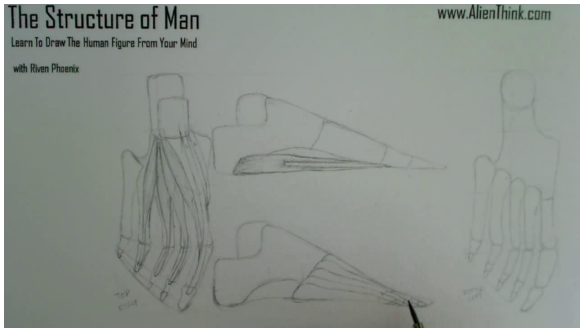
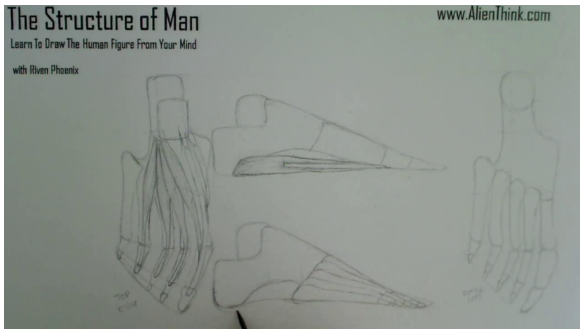
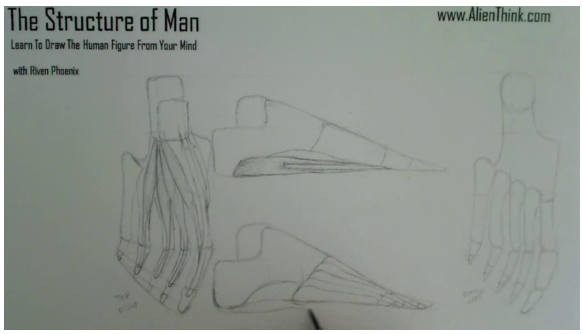
2026 Riven Phoenix and AlienThink.com

85		Okay, so that's that muscle he's connecting.
86		Look, this is the bone over here for the toe.
87		He's connecting right there and this is our arc in here.
88		So what happens is now you're going to get another muscle, which is going to be just like this guy on the other side.

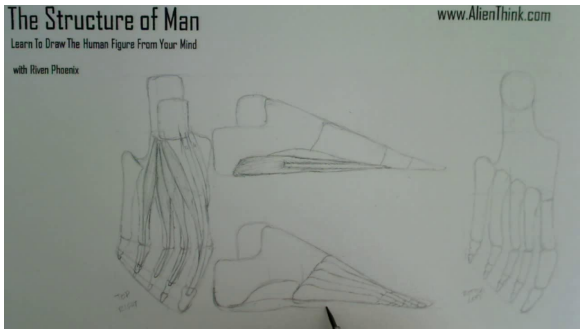
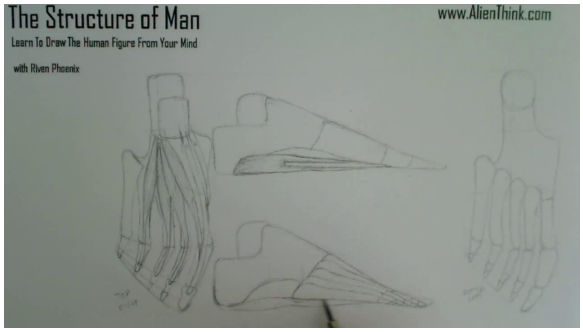
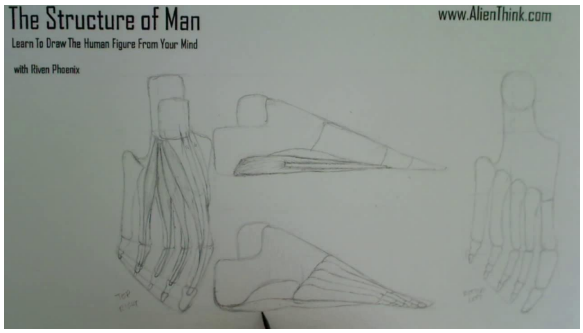
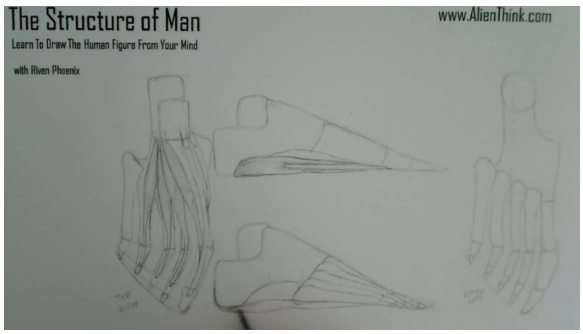
2026 Riven Phoenix and AlienThink.com

89		But he's going to be coming more towards here from the bottom.
90		And his job is to just connect, do the same thing.
91		And he's just going to bulge up over here.
92		And he's going to be here pretty much right under this.

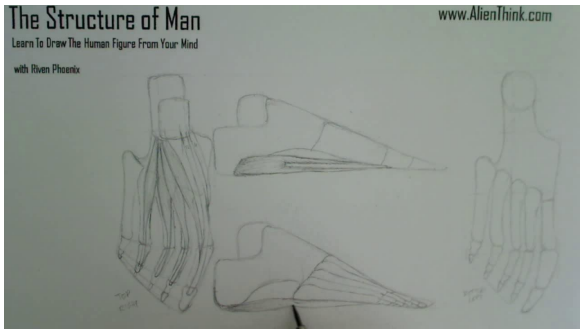
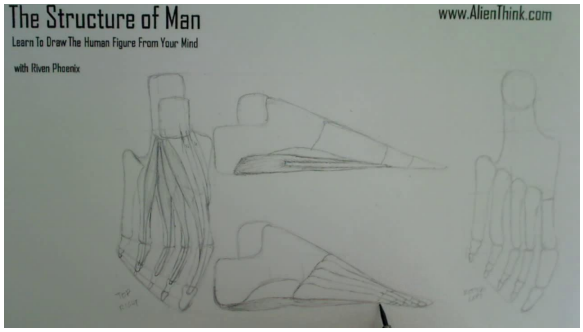
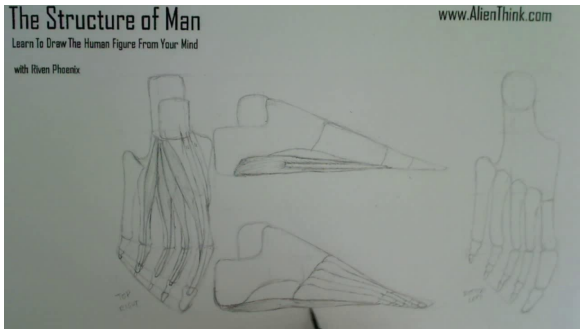
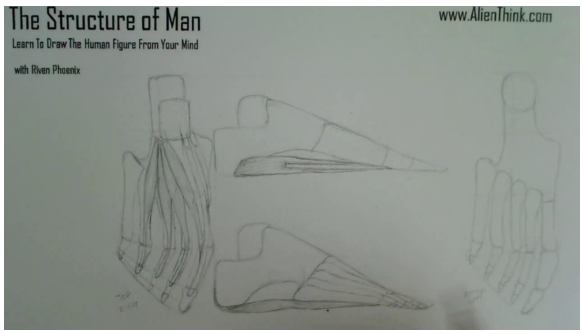
2026 Riven Phoenix and AlienThink.com

93		He's going to go a little bit like this over here.
94		But he's going to connect to the first finger here of that bone.
95		Right, so what happens is that he's going to make an impact on surface and not only also.
96		Right, so know that these muscles are also on the bottom.

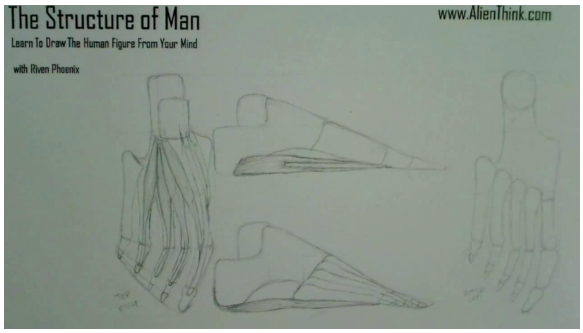
2026 Riven Phoenix and AlienThink.com

97		Right, they're just coming, coming kind of like from the side.
98		You'll understand this in a bit in a little more detail in a second.
99		We just have to take this part a little slow here.
100		Just understanding what's going on with the muscles.

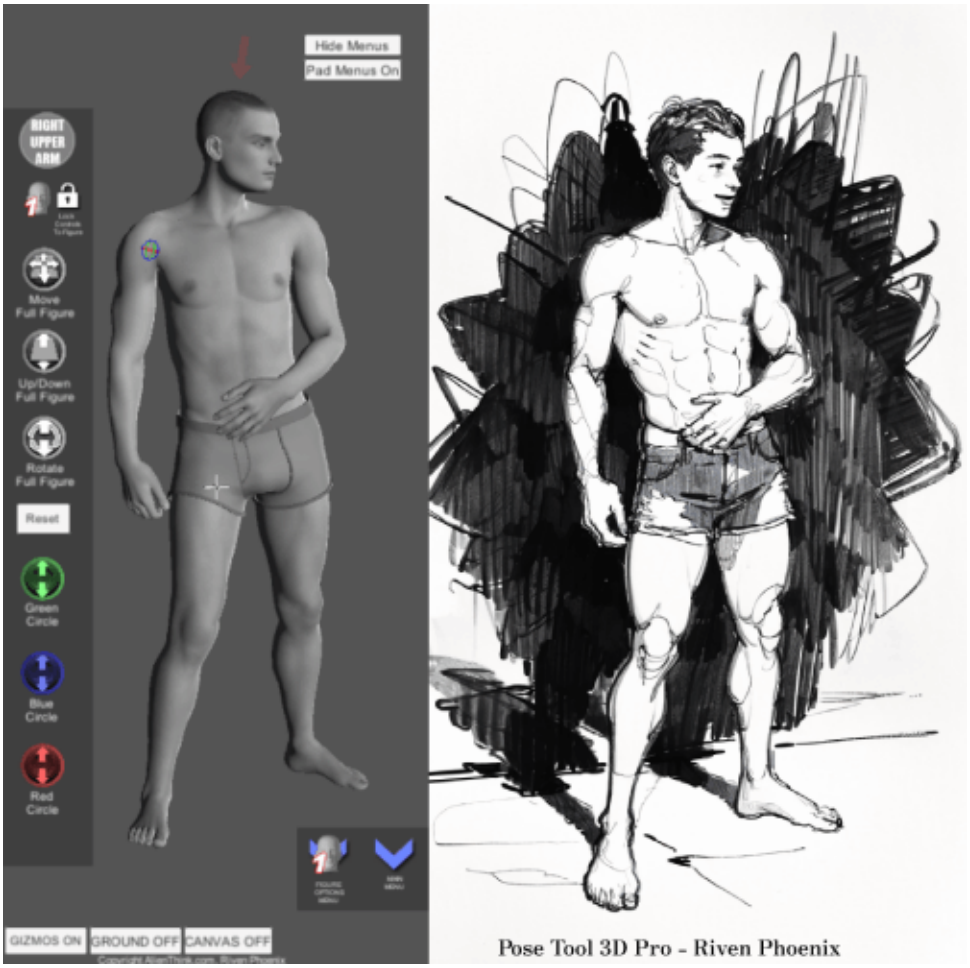
2026 Riven Phoenix and AlienThink.com

101		So he's just a pulley system, but he's just a muscle like this over here.
102		Right, and he's connecting right over here on the side.
103		So I'll see you in the next lesson.
104		We'll look at this in more detail.

2026 Riven Phoenix and AlienThink.com

105		Thanks.

2026 Riven Phoenix and AlienThink.com



www.alienthink.com/pose-tool-3d/

2026 Riven Phoenix and AlienThink.com